



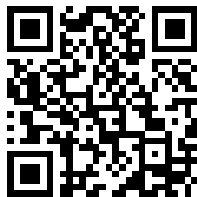
By
MRS. LINCOLN
Author of the
BOSTON COOK BOOK

Published by
THE WHITE MOUNTAIN FREEZER CO.
NASHUA, N.H.

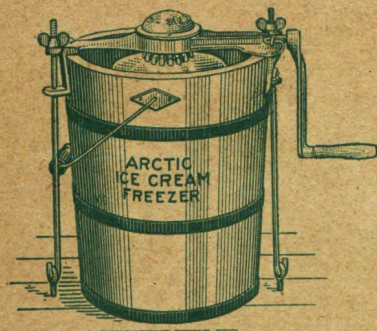
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Patent Freezer Clamp or Holder.....



EVERY one recognizes that it is easier to turn any freezer when the tub is stationary.

We have, therefore, prepared a freezer clamp or holder (shown in accompanying cut) which is as simple as it is efficient.

It can be readily attached to any machine, and does not interfere with its working or handling.

The holder consists of two wrought-iron rods, furnished with clamps at their upper ends, and to be attached by thumb-screws to the tub. Their lower ends are made with hooks which slip into screw eyes fastened into the floor.

Made in the following sizes and *delivered* anywhere in the United States, upon receipt of price.

Sizes—	2	3	4	6	8	10	12	15	Qts.
	35	35	35	40	40	40	60	60	Cts. ea.
<i>Must be tried to be appreciated.</i>									

An inexpensive helper.

The White Mountain Freezer Co.,

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. H.

IMPROVED ARCTIC FREEZER.

Sizes, 1 to 15 quart, inclusive.

"ARCTIC" is a capital name for this splendid freezer. It will in seven minutes freeze to uniform hardness cream of even grain and perfect smoothness. The tubs are built very strong and will not warp, leak or crack, and the cans are made of pure charcoal

are made of pure charcoal. All parts coming in contact with block tin, and are cast iron finely galvanized. The beaters are fitted with wood scrapers which keep can clean, greatly facilitating, at the same time, so that the entire contents ly and evenly chilled.

produced by the Arctic smooth, and velvety, and if ed carefully very satisfac-

The Arctic does its work quickly, thoroughly, and effectively — is reliable, easily handled, easy to clean, very economical, and will produce better cream and more of it than any other freezer of its class that is manufactured to-day.



tin-plate. tact with the cream are the exterior metal parts ized to prevent rusting. double self-adjusting the inside surface of the ing the process of freez- oughly mixing the cream of the can become perfect-

The quality of cream Freezer is very fine, the directions are follow- tory results are obtained.

DIRECTIONS FOR FREEZING.

• • • • •

W^E shall plainly state our actual experience and method used in operating the Arctic Freezer, and from which we believe the best and quickest results are obtained.

The essential points in freezing ice-cream are: to have the ice finely crushed; to use the right proportion of coarse rock salt; and to beat the mixture thoroughly during the freezing. Salt has a great attraction for water and causes the ice to melt, and the melting ice absorbs heat from the cream, or whatever may be placed in the freezer, and reduces the temperature to the freezing point. The finer the ice is crushed the quicker it melts, and the more the mixture is stirred the sooner all parts come in contact with the cold surface of the can and become chilled. For this reason the ice should be crushed until fine and mushy, not merely broken into lumps; and also because large pieces with sharp edges will dent the can. The melted ice and salt should surround the can and not be drawn off as fast as melted.

There is an outlet in the tub just below the top of the can which should always be open, and then the water will run out before it can get inside the can. Do not draw it off during the process of freezing, unless the tub is so full that the ice clogs the outlet.

In the first place you must have necessary things to go with. Buy a complete outfit. By that we mean, having purchased an Arctic Freezer, get a Freezer Clamp and a Tight or Packing Cover as described on inside of front and back covers of this book. These articles are both very useful, and will greatly assist the operator. Their value will be readily ascertained after once using them.

Obtain two small but strong boxes, one to crush the ice in, the other to mix the salt and ice together in after the latter has been crushed. Keep these boxes for this purpose.

Mix thoroughly the crushed ice and coarse rock salt in the box reserved for this purpose, in the proportion of three parts ice to one part salt, mixing enough for the entire freezing.

The contents of the can should be thoroughly chilled before freezing. If you cook the mixture it should be prepared long before you want to freeze it, then cooled and placed on ice to remain until thoroughly chilled.

When everything is in readiness, fit the beater in the can and put the can in the tub, being careful that the socket on the bottom fits and works in the small iron center in the tub. Pour in your mixture, adjust the cover and gear frame, fasten down the latch end and pack the mixture of ice and salt around the can, covering it completely, and keep it so during the freezing. Give the crank an occasional turn while packing the ice around the can, and let the freezer stand about a minute after it is all packed. Begin operations and turn the crank continuously and steady at a medium pace until you can turn no longer, then remove the beater, scrape off the cream from the sides and pack it down closely in the can, put on the tight can cover and throw a piece of old carpeting or burlap over the freezer.

If the mixture of ice and salt has been well packed, and the cream is to be served within an hour, no more ice will be needed; but if it is to be kept longer, draw off the water and add more of the ice and salt. All ice-creams are richer, and of better body, flavor, and texture, if allowed to remain in the ice and salt at least an hour to ripen.

ICE-CREAMS.

. . . .

THERE are many ways of making the foundation for ice-cream, and while the best need the addition of pure cream, good ice-cream can be made without it. The following five receipts include all the best known and approved methods and from these one may select according to taste or means. Then by varying the flavoring, or the manner of serving, a great variety of wholesome and attractive dishes may be made with very little expenditure of time and strength. The quantities given will make enough for six or eight persons.

NEAPOLITAN ICE-CREAM.

1 Qt. Cream.

4 Eggs.

1 Cup Sugar.

Flavoring.

Under this name may be included all the varieties made with eggs and cream. The foundation is the same for all, the varieties taking their name from the flavoring used. Directions for preparing the flavoring will be found under each special head.

No 1. Scald * the cream; beat the yolks till thick and creamy, add the sugar and beat again. Beat the whites stiff, and beat them well into the yolks. Pour the hot cream into the eggs, and when well mixed, turn back into the double boiler and cook like a boiled custard. Stir constantly until the foam disappears and the custard has thickened enough to coat the spoon. Strain at once, and when cold add the flavoring and freeze.

*Scald means to heat over hot water till hot, but not boiling. .The cup used in this receipt holds half a pint.

No. 2. Make the custard as in No. 1, using the yolks only. Beat the whites until just foamy but not stiff, strain the hot custard into them, beating thoroughly. Or, add the beaten whites when the custard is partly frozen.

PHILADELPHIA ICE-CREAM.

1 Qt. Cream.

1 Scant Cup Sugar.

Flavor to taste.

This is a name generally applied in this country to all ice-creams made with pure cream and no eggs. There are three ways of making this ice-cream.

First. Mix the sugar and flavoring with the cream, and when the sugar is dissolved strain it into the freezer. This is the quickest and easiest method; the cream increases in bulk considerably and is of a light, snowy texture.

Second. Whip the cream until you have taken off a quart of the froth, mix the sugar and flavoring with the unwhipped cream, strain into the freezer, and when partly frozen add the whipped cream and freeze again until stiff. This gives a very light, delicate texture to the cream.

Third. Heat the cream in a double boiler until scalding hot, melt the sugar in it, and when cold add the flavoring. This is considered by many the best method, as the cream has a rich body and flavor, and a peculiarly smooth, velvety appearance. It also prevents the cream from turning sour.

The cream may be whipped first, and the froth removed until you have a pint; then scald the remainder of the cream with the sugar, and when cold add the whipped cream.

Thin cream, or single cream, is rich enough for ice-cream, but it should be all cream, not thick cream diluted with milk. When milk is used with thick cream, eggs or flour should be used to thicken the milk, or the milk should be well scalded with the cream.

The amount of sugar needed will vary with the flavoring.

ICE-CREAM, WITH GELATINE.

- 1 Qt. Milk.
- 1 Pt. Cream.
- 8 Eggs.
- 1 1-2 Cups Sugar.
- 1 Salt-spoon Salt.
- 1-4 Box Nelson's Gelatine.
- Lemon, Coffee, Wine or
any strong flavoring.

Soak the gelatine in half a cup of the measure of cold milk. Boil the remainder of the milk and cream. Beat the eggs till creamy, add the sugar and salt and beat again. Add the hot milk, then put into the double boiler, stir constantly, and cook till it thickens and coats the spoon. Add the soaked gelatine, and more sugar if needed, and when dissolved strain it and set away to cool. When cold, flavor highly with lemon, wine, or any flavoring strong enough to disguise the taste of the gelatine.

PLAIN ICE-CREAM.

- 1 Pt. Milk.
- 1 Pt. Cream.
- 1 Cup Sugar.
- 2 Eggs.
- 2 Scant Table-spoonfuls
Flour.
- 1 Salt-spoonful Salt.
- 2 Table-spoonfuls Flavor-
ing.

Boil the milk and cream, reserving a quarter of a cup of milk. Mix the sugar, flour, and salt thoroughly. Beat the eggs till light, add the cold milk and the sugar mixture, and when well mixed add the boiling milk. Turn back into the double boiler and cook twenty minutes. Stir constantly till smooth, and after that occasionally. Strain through a gravy-strainer, add more sugar if needed, and when cold add the flavoring. Freeze as usual. This is a good foundation for an inexpensive cream, and if a larger quantity be desired, more cream and sugar may be added with the flavoring. If the milk be boiling when the flour is added, and cooked thoroughly, there will be no taste of the flour. If you have no cream, use all milk, four eggs, and add one rounding table-spoonful of butter when you take the thickened milk from the fire.

**VANILLA
ICE-CREAM.**

No. 1. The simplest way to make vanilla ice-cream is to make either of the five kinds given as a foundation, and, just before freezing, flavor with from one to two table-spoonfuls of the vanilla extract. The amount will depend upon the strength and purity of the extract.

No. 2. Make whichever foundation cream is preferred and use a quarter less than the sugar given in the receipt. Just before freezing add from one to two table-spoonfuls of vanilla sugar, or enough to give the flavor desired.

**LEMON
ICE-CREAM.**

Make ice-cream by either receipt. Pare off all the rind from a lemon, cut it in halves, remove the seeds, and squeeze out the juice. If the rind and seeds are pressed with the pulp, much of their bitter flavor will be given to the juice. Strain the juice (there should be about two table-spoonfuls) and mix with it an equal amount of sugar. Boil until clear and stir it into the cream just before freezing.

One table-spoonful of lemon extract may be used if preferred.

**COFFEE
ICE-CREAM.**

Make a quarter of a cup of filtered coffee, or, if you have no filter coffee pot, put two heaping table-spoonfuls of fine ground coffee in a fine strainer placed in a bowl. Then pour through it one third of a cup of boiling water. Pour the liquid through a second time, and if not clear strain it through a fine cloth. Add this clear liquid to the hot cream or custard, and make the ice-cream after either receipt.

ORANGE SHERBET.

1 Table-spoonful Gelatine.
1 Scant Pt. Cold Water.
1 Cup Sugar.
6 Oranges, or
1 Pt. Orange Juice.
1-2 Cup Boiling Water.

Soak the gelatine in half a cup of the cold water ten minutes. Put the sugar and remainder of the cold water in a large pitcher. Cut the oranges in halves, remove the seeds, and squeeze all the juice into the pitcher. Add more sugar if the oranges are very sour. Dissolve the gelatine in the boiling water, and add it to the mixture. Strain it into the can and freeze.

STRAWBERRY OR BLACKBERRY SHERBET.

1 Qt. Berries, or
enough to make
1 Pt. of Juice.
1 Pt. of Sugar.
1 Lemon.

Mash the berries, add the sugar, and after standing till the sugar is dissolved, add the water and lemon juice. Press through fine cheese-cloth,

and freeze. Vary the sugar as the fruit requires. All of these fresh fruits are improved by the addition of the lemon.

GRAPE SHERBET.

2 Lbs. Concord Grapes.
2 Lemons.
1 Qt. Water.
1 Lb. Sugar.

Lay a square of cheese-cloth over a large bowl, put in the washed grapes, and mash thoroughly with a wooden masher. Squeeze out all the juice, and add an equal amount of cold water, the lemon juice and sugar. Use sugar enough to make it quite sweet. Freeze as usual.

Remember that an ice-cream freezer will not bear neglect.

CHOCOLATE ICE-CREAM.

Make the foundation cream after either receipt, and whip one pint of cream to serve with it. Heat two bars of sweetened vanilla chocolate with two table-spoonfuls of water, or enough to melt it. When smooth add gradually a little of the hot cream or custard, and strain through a fine strainer or cloth into the remainder of the cream. If unsweetened chocolate be used, add two table-spoonfuls of sugar to it while melting.

Half of a level tea-spoonful of Ceylon cinnamon may be mixed with the chocolate, or half an inch of stick cinnamon may be boiled with the cream or milk; it gives a rich, spicy flavor. Or you may have another variety by the addition of one table-spoonful of caramel.

CARAMEL ICE-CREAM.

Put half cup of granulated sugar in a saucepan over the fire, and stir till melted and dark brown. Add half a cup of boiling water and simmer ten minutes. Make either ice-cream you prefer, using only half the sugar given in the receipt. Add enough of this caramel to give the desired flavor and color. Caramel may be added to a vanilla or coffee ice-cream. Whipped cream may be served with it, or stirred in when the caramel cream is partly frozen.

HOLLIPIN ICE-CREAM.

Make the Neapolitan ice-cream and flavor it with vanilla or almond. When ready to serve cut several vanilla cigarette wafers into two-inch pieces and stick them into the cream.

STRAWBERRY ICE-CREAM.

Sprinkle two cups of sugar over two quarts of strawberries. Mash them and let them stand half an hour, or until the sugar is dissolved. Meanwhile prepare the ice and pack the freezer. Turn the berries into a large square of cheese-cloth, which has been placed over a bowl. Gather up the edges of the cloth, twist them, and squeeze as long as any juice or pulp will come. Then empty the pulp and seeds left in the cloth into a pan and pour on gradually about a pint of milk, mix it well with the pulp, until the pulp is separated from the seeds. Squeeze again until perfectly dry. There should be nothing left in the cloth save a ball of seeds. The pulp will thicken the milk, and it is much nicer than the juice alone. Add to this pulpy juice as much cream as you may have, from one cup to three pints, and sugar to make it very sweet. The cream should be scalded and cooled. Freeze as usual. This is delicious, and a great improvement over that made by simply mashing the fruit, where the presence of the seeds is objectionable.

No. 2. Allow one pint of canned strawberry juice to one quart of cream; sweeten to taste. If preserved strawberries are used, the juice of one lemon will be an improvement, as the berries are usually too sweet. The cream should be scalded, and when cold mixed with the juice. Freeze as usual.

RASPBERRY ICE-CREAM.

Make it after the rule for strawberry ice-cream, adding the juice of a lemon.

PINE-APPLE ICE-CREAM.

Drain off the juice from half a can of grated pine-apple, mix with it one table-spoonful of lemon juice and two table-spoonfuls of orange juice. Mash the pine-apple pulp through

a purée or gravy-strainer, taking only what will go through easily. Mix the sifted pulp with the juice and add sugar to taste. Mix this with partly frozen cream made after the receipt for Philadelphia ice-cream.

No. 2. Pare a fresh, ripe pine-apple, remove the eyes and core, then chop fine and sprinkle with half a cup of sugar, to one pint of the fruit. Let it stand half an hour, then press through a strainer as much pulp as will go through. Add the juice of one lemon and more sugar if needed. Add this to ice-cream made like Neapolitan cream, and freeze as usual.

APRICOT ICE-CREAM.

1 Qt. Can Apricots.
1 Qt. Cream.
2 Cups Sugar.

Scald the cream and melt in it one cup of the sugar, then set away to cool, and freeze. Drain off the apricot juice and save it for pudding sauce. Rub the apricot pulp through a purée sieve. When the cream is partly frozen add the fruit pulp and freeze as usual.

PEACH ICE-CREAM.

Pare two quarts of ripe, white peaches, cut them fine and mash quickly with a wooden masher; then add one cup of sugar and a few of the peach-stone meats, and keep it closely covered until the sugar is dissolved. Make the ice-cream after either receipt, and when the cream is thoroughly chilled strain the peach pulp through coarse cheese-cloth and stir it into the cream. Freeze as usual.

Be sure that the freezer is sweet and clean.

SHERBETS AND WATER ICES.

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(French Sorbet. Italian Sorbetto.)

THESE are made with the juice of fruit, water, and sugar. When fresh fruit cannot be obtained you may use syrups which have been made of fruit juices and sugar, and sealed in air-tight bottles; or canned fruits, mashed and sifted, using pulp as well as juice; or fruit jellies heated in water until melted. While such ices are acceptable in an emergency, they are never equal to those made from the fresh fruit.

These prepared fruit ices will require much less sugar than those made with fresh fruit. The fresh fruits will vary in sweetness, and it is better in all cases to taste the mixture before using all the sugar given in the rules. Care must be taken not to have sherbets too sweet, and yet they should be a little sweeter than would be agreeable if not frozen, as their extreme coldness deadens the sense of taste. Richer sherbets are made with pure fruit juice and sugar and no water. The texture of water ices is quite unlike that of cream ices, being more like wet snow, and often more or less granular and icy, instead of creamy. This variation in texture is due partly to the method of preparing the mixture, and partly to the manner of freezing.

Many consider it an improvement to boil the sugar and water until clear, then remove the scum, strain the syrup through fine cheese-cloth and, when cool, add it to the fruit juice. This makes a fine-grained ice.

A table-spoonful of gelatine, soaked and dissolved, gives a light and smooth consistency to water ices; and some prefer to use the white of egg, beaten stiff, adding it

after the sherbet is partly frozen. Sometimes powdered sugar is mixed with the egg, and sometimes the boiling syrup is poured slowly into the beaten egg and beaten until cold.

If the freezer is turned rapidly and continuously, until the mixture is hard, the result will be a smooth ice, so creamy in texture that it seems difficult to believe that no cream has been used. But when the mixture is frozen without boiling the sugar and water, and is not stirred much during the freezing, or is only half frozen, the sherbet will have a granular or mushy texture. The granular texture may be obtained by leaving the scraper out of the can, using only the beater-shaft.

Several distinctions have been made in water ices. The varieties made with fruit juice, water and sugar only are called *water ices*. Those with the addition of the white of egg are called *sherbets*. Sherbets which are of a smooth, fine texture, but only half frozen, are sometimes called *sorbets*.

Water ices only half frozen, without stirring, and having a rough, icy texture, are called *granites*. Sometimes portions of the fruit are added just before serving, and when a variety of fruits are used the ices are called *macedoines*.

Frozen punches are made by adding one or more liquors or cordials, like champagne, maraschino, Jamaica rum, etc., to the lemon or orange ices after they are frozen hard.

LEMON SHERBET.

4 Lemons.

Pt. Sugar.

1 Qt. Boiling Water.

Shave off the peel from two lemons in thin, wafer-like parings, being careful to take none of the lighter colored rind below the oil-cells. Put the parings into a bowl, add the boiling water and let it stand ten minutes, closely covered. Cut the lemons in halves, remove the seeds, squeeze out the juice and add it with the sugar to the water. Add more sugar if needed. When cold strain it through a fine strainer into the can and freeze.

FROZEN FRUITS.

. . . .

RIPE fruit sweetened and thoroughly chilled is an acceptable substitute for sherbets or ice-cream, and in hot weather is very refreshing at the beginning of the morning meal. The prepared fruit is simply put in the freezer can minus the beater; the can is surrounded with ice and salt, and left, without stirring, until the fruit is chilled. It usually takes about an hour.

Berries of all kinds should be hulled or stemmed, picked over, and sprinkled with fine sugar.

Bananas should be peeled, sliced thinly, and sprinkled with sugar and lemon juice. A speck of salt and cinnamon mixed with the sugar is a great improvement.

Pine-apples should have the outer rind and eyes removed, and the soft part cut in small cubes and sweetened to taste.

Peaches and *ripe, yellow Pears* should be pared and cut in halves, the stones or cores removed, and sprinkled with sugar. A little lemon juice improves the pears.

Watermelon and *Cantaloupe*. Take out the melon pulp in small uniform pieces, and sprinkle slightly with salt and sugar.

Tomatoes. Peel, cut in half-inch slices, and sprinkle with salt and sugar.

Tight or Packing Covers.....

For the Can after the
Cream is Frozen. . . .

WHEN the freezing process is completed and the beater has been removed, scrape the cream from the sides and mash it down solidly in the can.
You should then have a

Tight or Packing Cover for the Can.

We carry these covers in stock in the following sizes, and will *deliver* them, post-paid, anywhere in the United States upon receipt of Postal Money Order covering the amount specified.

Sizes.—	2	3	4	6	8	10	Quarts.
	25	30	35	40	45	50	Cents each.

 In ordering please give outside diameter of can at top in addition to stating size of freezer for which cover is wanted.

The White Mountain Freezer Co.,
Nashua, N. H.

